

## Family Medicine Residency Clinic

402-232-2273, ext 322

The clinic is open Monday – Friday 0730-1630; we are closed on the third Thursday each month from 0730-1300 for training.

Patients with the following conditions may walk-in Mon-Fri 0800-1100 and 1300-1500:

- Females over age 18 with UTI symptoms
- Primary symptom of sore throat (ages 3+)
- Suture/staple removal

Women with a positive home pregnancy test or more than one week late for their cycle can walk-in to the laboratory on the ground floor for a pregnancy test – no referral is needed from the clinic.

We strongly encourage the use of MiCare (<https://app.relayhealth.com>) for secure messaging to your PCM and team. If you do not yet have an account, please ask for assistance at your next appointment.

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Coming soon!! Fall 2015

Introducing Centering Pregnancy® (<http://centeringhealthcare.org/>)

Centering is a model of group healthcare, which incorporates three major components: *assessment*, *education*, and *support*. Patients meet with their care provider and other group participants that share a similar due date for usually 90-120 minutes, at regularly scheduled visits over the course of their care. Centering promotes greater patient engagement, personal empowerment and community-building. During these longer appointments, you will still have an individual check-up, but it will also allow for a group setting discussion on concerns, typical occurrences during that trimester & the ability to ask questions or advice from more than one source.



The combined 55th Medical Group/University of Nebraska Medical Center (UNMC) Family Medicine Residency (FMR) Program is a three year training program for active duty USAF physicians located at the 55th Medical Group, Offutt AFB, NE. There are eight resident training slots in each year of training to make a maximum of twenty-four active duty USAF residents.

USAF Family Medicine residents are assigned empanelled continuity patients at the 55 MDG, and have responsibility of managing these patients throughout their training. The outpatient experience with continuity patients is the core of Family Medicine resident training. Residents are mentored and supervised by ten Family Medicine Residency faculty and one licensed social worker.

We welcome third- and fourth-year medical students to visit us. We are excited to offer you many varied training opportunities, and are eager to show you our unique and diverse Family Medicine Residency program.

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As a patient of the Family Medicine Residency Clinic, you also have access to the Specialty sector by a team of providers you may already be familiar with.

#### **FMR Procedure/Specialty Clinics**

Acupuncture

Lifestyle & Health Education

Behavioral Health

OB/Prenatal Care

Colposcopy

OMT (Osteopathic Manipulation)

Dermatology

Spirometry

Exercise Treadmill Testing

Sports Medicine

Fracture Clinic

Vasectomy